ACCUSPLIT

ALLIANCE™ 390

TALKING PEDOMETER

OPERATING INSTRUCTIONS

SETTING UP

-Push RESET button on left side of pedometer and hold until you hear *"All clear."* All results will be reset to zero.
-Push and hold SET 1-2-4 (MODE) button until you hear *"Enter your step length."*
-Press ⬆ or ⬇ to increase or decrease Step Length by one in. increments between 1–8 Feet (instructions for finding step length are below).
-Press SET 1-2-4 button briefly. You will hear *"Enter your weight."*
-Press ⬆ or ⬇ to increase or decrease Weight by one Lb., from 40 to 300 Lbs.
-Press SET 1-2-4 again to exit the Setting Mode.
-Press and hold "((.))" (SET3) to turn the auto voice report feature on or off. Unit will announce *"Auto Report On (Off)"* and "((.))" will appear (disappear) from display.
-Clip the pedometer on your belt or clothing, near the outside of either hip. Ensure that the pedometer is in a vertical position for accurate recording.
-Attach the leash to your clothing as well. This will reduce the chance of the pedometer being lost, should it become dislodged.

STEP COUNT MODE (STEP)

-Displays all the step count activity since last Reset.
-Press TALK, and the unit will announce your current step count.
-Press MODE for Distance Mode.

DISTANCE MODE (MILES)

-Displays the mileage walked since last Reset.
-Press TALK, and the unit will announce mileage walked or ran.
-Press MODE for Calorie Mode.

CALORIE MODE (CAL)

-Displays the amount of calories burned through step activity since last Reset.
-Press TALK, and the unit will announce number of calories burned.
-Press MODE for Time Mode.

TIME MODE (HR/MIN)

-Displays the amount of time spent in step activity since last Reset.
-Press TALK, and the unit will announce the amount of time spent in step activity.
-Press MODE to return to STEP mode.

IMPORTANT INFORMATION ABOUT THE DISPLAYED NUMBERS

-This pedometer uses an intelligent mechanism to ensure accurate recording of your activity level. While the Step counter records each and every step taken, the *Distance, Time,* and *Calories Burned* counters keep track of continuous activity (such as walking, running, dancing, etc.).

MEASURING YOUR STEP LENGTH

Measure your step length toe-to-toe or heel-to-heel. Measure the distance you walk in 10 normal steps (moving each foot five times), then divide that distance by 10 to get a more accurate step length. For your reference, the average step length is around 22 inches.

AUTO VOICE ANNOUNCEMENT

When the Auto Voice Announcement mode is ON, the pedometer will announce your progress every 1,000 steps, 0.5 miles, 50 Calories, and every 10 minutes of activity.

POWER RESET AND CHANGING BATTERIES

-If display goes blank, or unit otherwise malfunctions, use a paper clip to depress the recessed RESET button on back of pedometer for five seconds.
-If the sound weakens, distorts, or the display dims, replace the batteries. This pedometer uses two AG13 cells housed in a tray that pulls out from the bottom of the unit. Be sure to match up battery polarity with the tray markings.

EXCLUSIVE DISTANCE ACCURACY TIP

After setting Stride Length per instructions above, maximize the accuracy of Distance measurement by:
-Walking a measured 0.5 or 1.0 mile/km. (we recommend that you use a ¼-mile/400 meter track like those found at a "high school").
-Comparing the DISTANCE recorded to the measured distance, and
-If UNDER recorded, resetting the STEP LENGTH to a longer setting, or if OVER recorded, resetting the STEP LENGTH to a shorter setting.
-Reset display to zero.
-Walking the track again to test the adjustment, and re-adjusting accordingly.
-Once adjusted DO NOT ALLOW ANYONE ELSE TO CHANGE THE SETTING, because the Activity Pedometer is now set for your style.
-You are now ready to walk any route, change that route freely and still get an accurate measurement of distance for your fitness or recreation program.

REGISTER NOW Please return your AL390 Registration to the Repair Center address in the warranty, & we will let you know about future products.

Email (preferred)_____
User_____

ACCUSPLIT ALLIANCE ACTIVITY PEDOMETER
NO-PROOF-OF-PURCHASE LIMITED WARRANTY™

For refurbish-repair-replacement service, return with day phone# (between 7/1/06 and 4/1/10 add $8 fee) to: AST Repair Center, 2290A Ringwood Ave., San Jose, CA 95131 USA

1-800-965-2008 or 1-925-226-0888
FAX: 925-463-0147
support@accusplit.com
www.accusplit.com

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